COLINA DEL SOL POOL

4150 54th Place • San Diego, CA 92115 • (619) 235-1147 • www.sandiego.gov

WINTER/SPRING 2010 PROGRAM

HOURS EFFECTIVE JANUARY 4 – JUNE 27, 2010

LAP SWIM

Monday – Friday	3:30 pm – 6:30 pm
Saturday (starts June 12, 2010)	12:00 pm – 3:00 pm

RECREATION SWIM

Monday – Friday	3:30 pm – 6:30 pm
Saturday (starts June 12, 2010)	12:00 pm – 3:00 pm

MEMORIAL DAY May 31 12:00 pm – 3:00 pm

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

POOL CLOSED JANUARY 18, FEBRUARY 15, MARCH 31 AND MAY 13, 2010

FACILITY ADMISSION FEES

Adults (16 years & older)	$4.00
Child/Disabled/Senior	$2.00

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

• Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

• All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

DISCOUNT PASS FEES

Passes expire one year from the date of issue and can be used at any City pool.

Adults (16 years & older)	$100.00/30 swims
Adults (16 years & older)	$35.00/10 swims
Child/Disabled/Senior	$45.00/30 swims
Child/Disabled/Senior	$15.00/10 swims

WATER FITNESS

ABC, Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

Tuesday, Thursday	5:30 pm – 6:30 pm
$3.50/class	
DISCOUNT PASS	$30.00/10 Classes

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

NON-RESIDENTS

Rates listed are for residents only. Proof of residency will be required. Non-residents must pay twice the resident rate.

All City of San Diego parks, pools, and beaches are smoke free

YOUTH WATER POLO (ages 6-17)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsman-ship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday, Thursday   4:00 pm - 5:30 pm
$25.00/Month

LEARN TO SWIM FOR FREE

This exciting program provides swimming skills, promotes water safety, and encourages youth to consider future careers as lifeguards. The lessons are taught by Park and Recreation Aquatics District Pool Guards, who are American Red Cross certified Water Safety Instructors. Program is funded by the City of San Diego Lifeguard Services.

REGISTRATION

Begins February 15, 2010 at 3:30pm - 6:30pm

SESSION DATES

Session I   March 15 - April 2
Session II   April 5 - April 23
Session III   April 26 - May 14
Session IV   May 17 - June 4
                 (No classes May 31)

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

• City of San Diego Swimming Pools may close without notice during inclement weather conditions.

CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth ages 5-17 years old, which offers a quality, safe program that is committed to developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego pools. Prerequisite: completion of Competitive Skills I course or Pool Manager's approval.

WHITE TEAM

Monday, Wednesday, Friday 4:30 pm - 5:30 pm
$25.00/Month

SILVER TEAM

Monday - Friday   5:30 pm - 6:30 pm
$35.00/Month

REFUND POLICY

Extra care should be given to the selection of classes. There are **NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.